

WIRED FOR JOY

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This Chapter 8, from a forthcoming book by the authors, is presented in a somewhat different form in the Radiant Circuits Unit of the Energy Psychology Interactive CD ROM (available at www.innersource.net). The figures and diagrams are available on the CD. Reprinted with permission.

The neurological fact that your brain is wired for joy and the social reality that your world has rewired you for tedium, consumption, and worry, set the scene for this chapter. We begin by inviting you to consider that it is far from frivolous to fix your sights on recapturing the joy and playfulness that are your natural endowment. When your work is touched by joy, the product radiates. When your relationships are infused with play, love flourishes. Think of a wise elder with a twinkle in the eye, a childlike capacity for wonder and appreciation, and a fresh response to each encounter. Wherever your life is headed, this is not a bad role model to carry in your imagination. The capacity for joy is wired into your body, carried along a network called the “radiant circuits” whose radiant energies are crucial for maintaining health as well as for feeling good. Wherever the radiant energies move, they bring strength and resilience, joy and vitality. These energies are a precious resource, and it is the body's design that they jump to wherever they are most needed. Beyond doing repair work, these are also primary energies in exhilaration, falling in love, orgasm, hope, gratitude, rapture, and spiritual ecstasy. Called the “strange flows,” “collector meridians,” or “extraordinary vessels” in traditional Chinese medicine, they are actually not exactly flows, meridians, or vessels. More like hyperlinks on the Web, they jump instantly to wherever they are about to travel, which is one reason the Chinese found them to be both strange and extraordinary. Through them all of the body’s energy systems are linked and energetic deficiencies and excesses regulated. Because they are associated with the awakening of psychic abilities and the capacity to channel healing energies into the body, they were also sometimes called the “psychic channels.”

Looking for a more accurate and broadly descriptive name for these critically important yet largely misunderstood and under appreciated energies, we chose the term radiant because people who see energy experience this force as carrying a radiant glow, and we chose the term circuits because one of their most important functions is to create instant circuits that distribute energies throughout the body. There is a radiant charge connecting all the energies and energy systems of the body, and they connect us with vital energies in the universe.

Just as they literally have a radiant appearance to people who are able to see energies, they bring a radiant, joyful, uplifting quality to all they touch. We begin our instruction in freeing the spirit by presenting energy medicine techniques for “turning up the volume” on your radiant energies. If your radiant circuits are not flowing, you cannot feel joy. It is that simple. And if they are not doing their essential task of connecting and harmonizing among all your energy systems, you will be disjointed as you move through your life. Inner joy is, for certain, a different standard of wisdom than worldly knowledge, a different standard of success than material accomplishment, a different standard of health than the absence of illness, and a different standard of good citizenship than mere obedience. But it is a gold standard, capable of bringing a Midas touch to every aspect of your life. This chapter offers tools so you may be infused—body, mind, and soul—with greater radiance and joy.

A woman who suffered with periodic bouts of severe depression had been treated over a period of years with unsuccessful talk and drug therapies. She believed that if she were able to heal the torments from her past, her depression would lift. She responded well to chakra work. Over several months, distasteful or forgotten scenes from her childhood would emerge and the traumatic energies associated with them purged. It seemed she had energetically cleared truckloads of bad memories she had not been able to release through talk therapy, but she was enormously disappointed with the outcome. While she was no longer so entangled with the traumas from her past, they were not replaced by any kind of happiness. When caught in her old story, she at least felt an intensity when she would cry and wail and go to pieces. Now nothing made her feel alive.

I (DE) could see that her energies were gridlocked. Over the years, they had spiraled down into extreme life-negating patterns. Her radiant circuits were hardly even moving, and when I looked at her energies, I could see no radiance anywhere in her body. Her energies had a uniform dull appearance. Even after the significant, desirable healing of her childhood wounds, her body was simply unable to come out of its deadness. Deep tension and negative thinking had become habitual and were deeply ingrained. She in fact hated the idea of “positive thinking” and was irritated by people like me who seemed “too happy.”

She herself certainly wasn't going to look foolish by acting happy, but she longed for more passion and a sense of aliveness. As the inner deadness persisted, she went into greater despair than ever. Her treatment progress ceased. Her disappointment and negative thinking began to dominate the sessions. We reached a point where I wouldn't even let her talk during the treatments so she would stop countering the energy work with incessant negative patter. This was over 20 years ago, and I'd not had much experience at that point working with the radiant energies, but I decided to experiment. As I applied techniques for activating the radiant circuits, the first thing to happen was that tension would leave her body. This allowed the radiant energies to begin to move, which literally began to flush the negative energies from her system. Then she would feel something akin to happiness well up from inside her. It was an odd sensation for her. She knew glimpses of happiness from when she would receive a compliment or something good happened in her life, but this was coming from within. From one session to the next, the feeling would remain longer. She had been using marijuana and other drugs to get high. The radiant energies gave her the same feeling. This amazed her. It was hardly an instant cure. It is necessary to build the radiant pathways when habitual energies gravitate toward a negative polarity, and it is hard not to feel negative when this is the energetic foundation of your emotions. With persistence, including daily use of the anchor and wander technique you will be learning in this chapter, the pathways did re-build. Her bouts of depression gradually ceased, her pessimism shifted, and she became more upbeat in both her mood and her character.

The Nature of the Radiant Circuits

The radiant energies were first described in ancient Chinese texts dating back some 4,500 years, and their use continues to be reported within the clinical literatures of acupuncture, acupressure, Jin Shin Do, Qigong, and shiatsu. While the radiant energies have not to our knowledge been detected via scientific measures, other subtle energies, including the meridians, chakras, and aura have been. And we have repeatedly seen in our classes that the hands of a sensitive person can readily feel the radiant circuits. The descriptions of radiant energy found in this chapter are based on Donna's clairvoyant-like ability to see and feel these energies and on her personal and clinical experiences in working with them.

We believe the electromagnetic dimension of the radiant circuits will be measured relatively soon, but that they encompass more subtle energies as well. One of the most striking qualities of subtle energies is that, like prayer and visualization, as well as quantum matter, they can influence events from a distance.

The radiant circuits not only connect the energies within our body, they attract us to, and attract to us, uplifting circumstances and events in the outer world. Their involvement in psychic phenomena is another reason the Chinese physicians applied the word “extraordinary” to them. Developing the radiant energy system is a path toward developing greater intuition and psychic ability.

The radiant circuits appear to predate the meridians [meridians will be defined in Chapter 1 of the forthcoming book], and they are the first energy circuit to appear in the developing fetus.

We believe, in fact, that a meridian is an energy pathway that was once, in the course of evolution, a radiant circuit. Donna, who sees eight human energy systems in varying colors, intensities, and geometric patterns, see the meridians and the radiant circuits as discrete energies in humans and in animals, but she cannot see meridians in simpler organisms, only the radiant circuits. As creatures became more complex, radiant energies that moved along the same lines day after day, generation after generation, plausibly formed the meridians. Meridians are the energy equivalent of riverbeds, flows of energy movement that have become entrenched in the body. A meridian is highly efficient for specific, repetitive tasks. Radiant energy, on the

other hand, spontaneously jumps to wherever it is needed. It appears capable of intelligent choice. Meridians accomplish more narrowly defined tasks. They appear capable of doing these tasks with intelligence and efficiency, but their creative problem-solving abilities are limited to their own pathways.

The radiant circuits, serving as "inner wells of joy," support a vibrancy and a harmony throughout the entire body-energy system. Working with the radiant circuits can change a person's future, orienting the psyche toward joy rather than despair. They can be marshaled for overcoming self-sabotage and negative thinking. They bring us in contact with our "core self," showing us how healthy functioning felt before life's inevitable woundings. By countering the triple stimulator system's lock on habitual thought and behavioral patterns, they can help people trapped in dysfunctional habits to change them [the triple warmer[stimulator] is defined in Chapter 1 of the forthcoming book]. And to the degree we can cause our radiant energies to be activated more consistently, the greater our inner peace and enjoyment of life.

Reasons to Focus Your Efforts on the Radiant Energies

Your emotions, thoughts, and beliefs are not just ethereal events. They exist in your energy system and their energies permeate your cells. Some beliefs become so fully embodied that they seem to carry the weight and structure of absolute truth, settling into your deepest perspectives about life. Even if they are clearly dysfunctional, initiating shifts in these deep habits and states of mind can be deceptively difficult. The radiant energies can be directed to impact them more profoundly than any of the other energy systems. In addition to the reasons everyone can benefit from keeping their radiant energies strong and flowing, working with these energies can be particularly helpful

- if depression or negativity are persistent themes in your life
- if you are "caught in the past," ruminating about or reenacting earlier trauma
- if certain habits of thought or patterns of behavior are particularly resistant to change,
- or if other techniques lead to improvement but the improvement does not last.

A man came for a session with his two little boys because it was his turn to take care of them. He was the pastor of a large progressive church in town, but his ministerial persona was crumbling. He was desperate inside, and he had become harsh and brittle with others. His temper was easily provoked, particularly by those closest to him. This was his first session. A story emerged. He had a son who had died at 2. He was separated from his wife and they were deciding whether to divorce. He was trying to get his spirit back and to get relief from the pain and anger he was carrying. He knew it was hurting the boys. He did not think there was a chance for his marriage. He was talking a mile a minute. When energy goes out like that, the person isn't able to receive. Incoming energies are literally being blocked by the pressured speech. Usually in a situation like this, I (DE) begin by "unscrambling" the force fields [described in Chapter 3 of the forthcoming book]. But I had an instinct to go right to his radiant energies. I began holding points that stimulate the radiant circuits and connect them with one another so the entire radiant system is activated. He immediately fell silent and began to relax. It was as if he were taking in the most soothing nourishment. After a time, he began to cry and cry.

The boys came in concerned that I was hurting their daddy. But he was so soft when they came in, which was such a relief from the harshness they'd been living with, that they started laughing and laughing and laughing. And it made him laugh as well. I was just holding points. That's all I was doing. All three of them became relaxed. I got the boys to go back into the other room. Then the man began to shake. His tremors were so violent that it was one of those rare times I wanted to intervene in a natural process. I began to make him stop. He said, "No," so I let him be. He just kept shaking and releasing. Then he became still, and it looked like he was in bliss. We worked with the radiant energies in each of his next several sessions, but from that first session, his demeanor changed, particularly with his wife. He had never realized why he was so angry at her. But as he softened and they began to communicate, he discovered that he had (irrationally) been holding her responsible for the death of their son. He'd never uttered this thought, even to himself, and this unacknowledged blame/rage was the domino that resulted in his retreat into a brittle shell. It may be necessary to focus upon other energy systems as well, but often enough, when the radiant energies are given a powerful boost, all the systems are affected. Consider giving special attention to the radiant energies:

If negativity is a persistent theme in your life. Because the radiant circuits are a distinctly "positive" energy, they erode negativity and leave a positive, optimistic, hopeful psychological imprint.

To overcome resistant habits. As part of the body's survival strategy, energy habits run deep. Because of the way the radiant circuits permeate the cells, the information they carry is presumably spread as the cells replicate. In our experience, working with the radiant circuits can initiate changes in the body's energy habits, as evidenced by changes in the health and behavioral patterns that reflect them.

When caught in the past. Even if your energy system is holding onto a habit, a belief, or a dream that is no longer viable, engaging the radiant circuits as you think about such issues forges a fresh pathway that allows a new truth to become embodied.

When other corrections won't hold. When energy treatments result in improvements, but the improvements are short-lived, older energy habits may be winning the battle. Activating the radiant circuits can weave the corrections into the larger energy system. If you can make the radiant energies a more pervasive force in an ongoing and consistent manner, you will be less vulnerable to the way other influences tend to engage old habits or activate past fears and trauma.

Another time to work with the radiant circuits is to close a powerful healing session. When the body is open, receptive, and in harmony, engaging the radiant energies reinforces this state while instilling further openness, receptivity, and harmony.

Three Easy Turn-Ons

Working with the radiant circuits can itself set off waves of energy that feel good. At the same time, they connect the meridian lines, make the chakras spin, and engage all of the other energies. But they do not lend themselves easily to formulas. The only "formula" is to model yourself after the radiant energy itself, which is to be absolutely spontaneous. Think a surge of excitement, falling in love, becoming enchanted. The radiant circuits are the polarity of "staying on track."

Many things you do naturally and spontaneously activate the radiant circuits. Joy begets joy. When you smile from a deep natural space, it sends joy all the way down to your soul and up again. A deep smile is not an ornament or a mask. It engages your radiant energies. So does listening to music you love, being overtaken by beauty, reveling in nature, laughing uncontrollably, abandoning yourself in play, love, or dance. As does anything that moves out negative thoughts, painful emotions, or stagnant energies, including exercise, laughter, or energy techniques such as those found in the Basic Energy Routine (Appendix 2 of the forthcoming book). But it is also the case that "if you don't use it," you really do lose it. The radiant energies can become stagnant and unable to move easily to where they are needed. This is the plight of many of us today where work, computer screens, and passive entertainment have taken precedence over deeper pleasures. The more the radiant energies are exercised, the more available they are to you. Three simple ways of turning on the radiant energies (requiring less than 3 minutes each) are:

Blow Out and Zip Up. When you are feeling tight, depressed, or overwhelmed—as if you have become a collector of stress, anger, or disappointment—stand with your hands on your thighs, fingers spread, take a deep breath in, and then exhale. With your next deep inhalation, make fists and swing your arms up and around until they are high above your head. Then turn your hands so that your knuckles are facing toward you. Bring your fist hands down swiftly, opening them as you blow out the accumulated stress with force. Repeat, and on the third repetition, move your arms down slowly and deliberately on the exhale. Next, with a slow deep in-breath, open your hands, move them in front of your thighs, "zip" up the front of your body, to your chin, and on the out-breath, drop your hands back to your thighs. Zip up again. On the third zip-up, continue your hands straight up through your face, reach high, look up and stretch to the heavens. Connect with the radiant energies of the universe.

Dancing to the Eights. Like the double helix of DNA, the figure eight is one of nature's most basic patterns. Weaving your energies in figure eight-curves activates the radiant energies and brings the body into greater health and vitality. Put on music and move your hips to a figure eight; then your arms. Flow freely, moving your entire body and creating as many small and large figure eight-patterns as feels good to you.

Butt in the Air. On its own or after you have blown out your stress and zipped up and weaved your radiant energies, this exercise is a peaceful, relaxing way of further cultivating a more radiant presence. Kneel down on all fours, with your knees on the floor, push back so your butt is resting on your heels, and bring your hands to your sides as you gently lower your head to the ground. If, and only if, it is comfortable to move your body and your head forward and lay your face to one side so that your butt can go higher, do so, resting like a baby. Hold this position for two or three minutes. Use the time to meditate, contemplate on a positive thought or image, or just let your mind go.

The Individual Radiant Circuits

Why do you need to know about the specific radiant circuits if you can just stick your butts in the air and activate all of them? You can bolster the overall radiant system by strengthening its weakest links. In addition, individual radiant circuits have, over evolutionary time, taken on specific roles that serve different functions. So you can bring about changes in habits that are entrenched not only in the psyche but also in the body by focusing on, and strengthening, the action of specific radiant circuits. You are now at a choice point in the program. You may want to go on to the next chapter as you continue to experiment with the “three easy turn-ons,” and return later (and make a commitment to yourself to do this) to work with the specific radiant circuits and strengthen your “weakest links.” Or you may continue here to explore and strengthen your radiant energies. The locations of each of the radiant circuits, in their dormant state, are shown in Figures 1 through 7 [these charts differ somewhat from the traditional renditions based on how Donna sees the radiant circuits. See the forthcoming book. The figures and diagrams are available on the Radiant Circuits Unit of the Energy Psychology Interactive CD ROM (available at www.innersource.net].

Their basic functions are described below.

The Yin and Yang Regulator Circuits (Figure 1). The front (yin) and back (yang) regulator circuits influence hormones, chemistry, and circulation as well as the connections among all the systems in the body. They help your body adapt to endless assaults of internal and external changes. Hormonal imbalances and the emotional turmoil that may follow can be addressed by working with the regulator circuits. The regulator circuits also form connections with the energies of other people and energies within the environment and attempt to establish harmonies with those energies.

The Yin and Yang Bridge Circuits (Figure 2). The front and back bridge circuits connect the front and back of the body as well as the body's energetic polarities: positive and negative charges, receptive and forceful impulses, male and female qualities, yin and yang influences. Where an energy is stuck, these circuits function as a bridge across to its polarity and reestablish flow in the system. Inner schisms—alienation of body and mind, head and heart, love and sex—may be addressed by working with the bridge circuits. In the outer world, where regulating channels support harmony between people, the bridge circuits support the exchange of information, particularly the accuracy of intuitions about others.

The Belt Circuit (Figure 3). The belt circuit surrounds the waist and connects the energies of the top and bottom parts of the body. This vertical distribution of the energies is critical to physical health and orchestrates the flow of energy in the meridians and the chakras. The belt circuit affects how grounded we are and how inspired we feel; how grounded we can stay when reaching to our spiritual heights, and how high we can reach while staying grounded. Much human folly and suffering is a reflection of impairment that keeps us energetically top-heavy or bottom-heavy.

The Penetrating Flow (Figure 4). If the belt and bridge circuits connect vertical and front-to-back energies, the penetrating flow directs energy more deeply inward. When moving freely, its flow penetrates the chakras, the muscles, bones, genitals, and deep into the cells. In the embryo, according to both traditional Chinese and Japanese medicine, the penetrating flow is said to carry the energies of the ancestors and to set the baseline strength of the person's energetic constitution. This energy is vividly experienced in the flowing warmth of an orgasm, and classic mystical experiences can be thought of as moments when the individual is the recipient of the penetrating energies of the universe. When people feel depressed or empty inside, it is often because the penetrating flow is weak or blocked. To activate the penetrating flows is to connect with an energy that brings a deep and natural sense of purpose and meaning.

Central and Governing (Figure 5). Four of the body's radiant circuits are also meridians. Unlike the other radiant circuits, their energy is transported along a fixed pathway and accessible through points on the surface of the skin that show decreased electrical resistance, called acupuncture points. At the same time, they carry radiant energy and are capable of moving this energy instantly to anywhere it is needed. The central meridian's pathway flows up the front center of the body, feeding energy to the brain. The governing meridian's pathway flows up the center of the back of the body, feeding energy to the spine and much of the nervous system. The two meridians meet at the back of the throat, creating a single force field, and this is where they begin to behave like radiant circuits. This force field radiates inwardly and outwardly, bringing strength and vitality to the meridians, the chakras, and the aura. When a person is filled with confusion or self-doubt, activating the central and governing meridians can pull the cerebrospinal fluid up to the brain and calm the nervous system, eliciting clarity and confidence. When a person is overly sensitive to other people or the environment, activating the central and governing meridians often lends protection by strengthening the aura.

Spleen and Triple Warmer[Stimulator] (Figures 6 and 7). The two other radiant circuits that carry the properties of meridians are also paired polarities—triple warmer[stimulator] and spleen. The triple warmer's[stimulator's] fixed pathway goes directly from the back brain to the front brain. The back brain is more primal, carrying the survival strategies of millions of years of evolution. The triple warmer[stimulator] feeds the back brain while moving primal survival information into the front brain. It can conscript energy from every other meridian (except heart) to insure the body's survival. This is a very serious assignment; the triple warmer[stimulator] is the single radiant circuit whose "personality" is more like a general in combat than an upbeat mom. Meanwhile, the mother of upbeat mom energy—the spleen meridian/radiant circuit—radiates the life force itself. Running through the pancreas, which metabolizes carbohydrates and sugars, this is the energy system that metabolizes thought, experience, and emotion, as well as food. Spleen energy, in fact, resonates with and metabolizes all the other energies in the body, bringing them into harmony with one another. Together the spleen and triple warmer[stimulator] circuits govern the immune system through an interplay of military and family values, and when you can keep their energies in balance, they become a powerful team for keeping your life in balance.

While the figures showing the location of the radiant circuits are necessary, they can be deceptive. The radiant energies do indeed concentrate along specific lines within the body, but only while they are relatively dormant. When they are active—and that is where the action is—they may move anywhere, and their paths cannot be charted reliably. Indicating specific points to hold for activating the radiant energies also has limitations because any linear formula tends to counter the flow of the radiant energies. The figures can best serve as a springboard. If you hold one of the points identified as an "anchor point" and then intuitively touch other points identified in the figure, you "hyperlink" the energies between the points, strengthening the circuit so that it begins to radiate. We call this "anchor and wander." Instead of directing the flows by following some hypothesized linear pattern, use your intuition and "dance" with the energy as it beckons you along its own path.

Checking and Correcting the Radiant Circuits

Knowledge of how to activate the entire radiant energy system should be part of everyone's education. In addition, it is valuable to learn how to identify the weakest links and how to strengthen them. You may

already recognize from reading the above descriptions which circuits are not operating optimally for you, and you can verify this and investigate further with energy tests.

When you suspect that working with specific radiant energies may be helpful, you can energy test which ones might need attention. To do the test, you will need a partner. Select an indicator muscle (see Appendix 1 See the forthcoming book.), check for a strong baseline, and then use the following instructions. Following each of the test instructions are techniques for activating that particular radiant circuit. You can do many of the activating techniques without a partner, although for the techniques requiring that points be held, your body relaxes and you can receive more deeply when someone else is holding the points for you.

Checking the Regulator Circuits. For the yin regulator circuit, place your thumb at the bottom of the chin bone and the finger of the other hand in the hollow at the base of the neck. Stretch one time. Energy check before and after. For the yang regulator circuit, pinch the backs of both heels (below Achilles tendon). Energy check before and after.

Activating the Regulator Circuits. If either regulator circuit tests weak, rub your hands together, place them on the head, and slowly pull them down, “smoothing” over the shoulders and down the arms. Return to the throat area under the chin and smooth the energy down the sides of the body with your full hand. As you come off the ankles, pass your hands over the top of each foot, squeeze the sides of the feet, and then firmly pull the energies off of them. Make at least two passes.

Another technique for activating the regulator circuits is to lie face up with you partner positioned at your feet. The partner places his/her thumbs at the bottom of the ball of each foot, between the big toe and second toe, gradually pressing in and holding for about 10 to 15 seconds. The partner then wraps his/her hands around the top of the feet, pulling them back, with the thumbs still on the same points and gradually releasing the pressure. It is a wave like movement and can be repeated several times. With this and the subsequent radiant circuits, if the initial energy check showed a weakness, repeat the test after completing the treatment. If the circuit has not corrected or the correction does not hold over time, apply the “anchor and wander” technique or “trace” the circuit. Find the figure for the circuit you wish to trace and, with the slow, full contact of yours or your partner’s hand, follow the solid lines in the diagram, generally moving from top to bottom.

Checking the Yin Bridge (front of the body). Place the middle fingers of each hand between your breasts (at top of thymus) and draw a “heart” by circling your hands up and then around each breast (it is not necessary to touch the body), meeting just below the sternum. Energy check before and after.

Activating the Yin Bridge. Begin with the same heart motion as used in the test. Repeat three times, and then when your hands meet at the sternum after the third trace, go straight down the front of the body very deliberately, continue down the legs, moving toward the inside and wrapping your fingers underneath your feet. Pull your body up and away, stretching your arms. You will feel a stretch in your back. Another effective way to activate the yin bridge is to do sideways figure eight movements over the face and then down the front of the trunk of the body. The movements extend across the width of the body, making eights that are about four inches tall, and weaving them all the way down to the feet.

Checking the Yang Bridge (back of the body). Stand behind the person and with the fingers of either hand, tap on the outer edge of the person’s left shoulder. Rapidly tap three more points: the outer edge of the right shoulder, the outer edge of the left hip bone, and then of the right hip bone. These four quick taps form a z-shape. A strong energy check indicates that the energies are bridging between the left and right sides of the back

Activating the Yang Bridge. Do sideways figure eight movements on the back of the head and then down the back of the trunk of the body. The movements extend across the width of the body, making eights that are about four inches tall, and weaving them all the way down to the feet.

Checking the Belt Circuit. Position the webbed area between the forefinger and the thumb of either hand around the waist on either side of the body. Energy check before and after.

Activating the Belt Circuit. With fingers spread, circle the hands around the side of the body at the waist. Pull from the back of the body to the front and all the way across the belly to the other side. Pull not only at the waist but above and below it as well. Do this several times with some pressure and a lifting movement, alternating hands. The, on the side you are pulling toward, firmly slide both hands down the leg and off the foot. Repeat on other side of the body. With a little improvisation, you can do this one on yourself. It is a wonderful method for reestablishing a top to bottom harmony. Another belt circuit technique also stimulates the penetrating flow and is particularly effective if the energy is cut off at the top of the legs. Lie face-up and place either foot against your partner's stomach. Grasp your partner's hands and pull away from one another. Hold this stretch for about 10 seconds. Repeat using the other foot.

Checking the Penetrating Flow (done while sitting or standing). By placing the thumb of one hand on the person's navel, the fingers and palm rest on the second chakra. Raise the thumb, fingers, and hand at the wrist. Gently and slowly lower your hand, one segment at a time, until the hand is flat; then continue this movement until the fingers are pointing downward and finally lift off your belly. Simultaneously or immediately following, use the other hand to do the same motion on the back, directly opposite the front hand. Energy check before and after.

Activating the Penetrating Flow. Masturbate. Make love. If these are not convenient, lie on your back, bend your legs at the knees, and cross your feet at the ankles.. With your right hand, grasp your left foot and with your left hand, your right foot. Pull your feet above your head, keeping your arms straight, and rock so your butt comes off the ground. Continue for at least a minute. If a partner is available, lie face-down and have your partner place one hand on your sacrum, the other at the top of the your back, and then rock you for three to five minutes. When completed, the partner lifts off both hands simultaneously. Bask in the feelings for another minute. This method activates both governing and the penetrating flows.

Checking Central and Governing: Push in on ("smash") the nose for about a second. Energy check before and after. This determines if the energies that run up the front center of the body and through the Cherokees are connecting with the energies that run up the spinal column. When these energies connect, they create a resilient force field.

Activating Central and Governing. First do a front "hook-up" by placing the middle finger of one hand into the navel and the middle finger of the other hand at the third eye point. Push in both fingers and pull them upward toward head. Hold for a couple of minutes. The back hook-up requires a partner. Lay face down. Partner places the palm of one hand on the spine, with fingers pointing toward your feet. The other hand points in the opposite direction. The hands cross at the wrists so that as they push apart, the spine is stretched. Continue to move the hands in opposite directions until the middle finger of the hand facing upward reaches the indent at the top of the neck and the middle fingers of the other hand reaches the sacrum. Hold there for at least 15 seconds. Energy test before and after.

Testing Spleen: Rather than using the general indicator test, check the spleen meridian directly. Stand with your arms hanging straight down the side of the body, thumbs next to the legs and palm facing back. Partner places two or three fingers above your wrist, between the arm and the body, and pulls straight out, away from the body, for about one and a half seconds.

Activating Spleen: Do the "spleen tap" by bunching the thumb, forefinger, and middle finger and tapping at the point on the bottom of the breast (one rib below the bra line on women) at the side of the rib cage. Tap both sides simultaneously for 15 to 30 seconds. Alternatively, hold the acupuncture strengthening points for spleen (see Figure X See the forthcoming book.).

Checking Triple Stimulator: Cup either hand slightly with fingers spread and place around the ear, fingers about an inch above and behind the ear. Energy test before and after.

Activating Triple Stimulator. Don't. It is probably already over-activated by virtue of the culture in which you live. The goal is to reprogram it so its energies will be available when there is real threat, whether to your health, safety, or state of mind. If the test shows a weakness, then the triple stimulator needs to be harmonized. Place one hand on your forehead and the other hand on and above the navel (over the adrenals). Hold for a minute or two. Alternatively, hold the acupuncture sedating points for triple stimulator (see Figure X See the forthcoming book.).

Anchor and Wander. If you have not been able to activate a specific radiant circuit using the methods presented above, or if one circuit continues to test as a weak link, use the anchor and wander technique. Even though it requires more intuition and will take longer, it is a powerful method for repairing the weakest links. Find the diagram (See the forthcoming book) for the radiant circuit you want to work with and choose one of its "anchor points" (for points that are paired right and left, the diagrams identify only one side, but either side can be used). When possible cross over so you "wander" to a point that is on the opposite side from the anchor point. Place the fingers of one hand on the anchor point and intuit which of the remaining points on the diagram draws your other hand to it. Tapping that point sends a pulse. If you hold the point, your fingers create an electromagnetic charge between that point and the anchor point, jump-starting the flow of the radiant energies. The length of time you need to hold is, again, determined by your intuition; the average is three to five minutes. Holding positive images or stating positive affirmations (e.g., "I am being filled with joy," or gratitude, or peace, or love; "My heart is opening") can amplify the benefits. As your intuition becomes more attuned to the radiant energies, you can rely less on the figures. Simply sense which points to hold; you will find that sometimes the best points for a given individual in a given moment are not the ones identified on the figure.

Additional Techniques for Activating the Radiant Energies

The radiant energies may be activated by anything that helps make space in the body, such as stretching or yoga; anything that crosses the energies from one side to the other, such as walking or swimming; anything that engages your spirit, such as a beautiful sunrise or an inspiring story; and anything that improves your environment, even as simple an act as walking outdoors to get more air and space around you. Why then learn special exercises for them? It is something like taking vitamins. Ideally, the food you eat would provide all the vitamins you need. Ideally, the activities in your life would keep your radiant energies flourishing. For most of us, neither is the case. We can stay healthier by taking vitamin supplements and we can stay happier by attending to our radiant energies. The following six techniques, like those already presented, are immediate, direct, and always available—nature's Prozac. Some methods will feel better to you than others, and the ones that feel better work better. It is worth keeping a couple of these techniques in your back pocket for daily doses as well as those moments in the piece's weather patterns when your spirit begins to darken.

Crown Pull. Energy naturally accumulates at the top of the head, and if it doesn't circulate freely, it becomes stale or congested. The crown pull creates more space in your head for that energy to move, and it literally releases stagnant energies from your skull (through the crown chakra), making way for radiant energies to enter. In yogic tradition, the crown chakra is considered the gateway to higher states of consciousness and to the higher energies of the cosmos, and the crown pull is thought to help the intellect surrender to transcendent sources of information. Position your thumbs on your temples and rest your fingertips on the center of your forehead. Slowly and with some pressure, push in and then pull your fingers apart so that you stretch the skin to the sides. Bring your fingertips back to the center of your forehead and repeat the stretch. Then bring your fingertips to your hairline and repeat again. Continue this pattern of pushing in and pulling apart as you move up and over your head, ending at the back of your neck—with your thumbs still firmly positioned on your temples.

Ab Stretch. Just as the head becomes clogged with residue that prevents the radiant energies from linking freely to the mind, energetic residue also tends to accumulate at the midline of the body. The ab stretch clears this residue, allowing the radiant circuits to flow between the top and bottom halves of the body. Standing straight, grip your hands over the back of a chair for support and lift one leg backwards as far as is

comfortable on an inhalation. Lower and then lift the other leg. Repeat several times, stretching the abdomen with each leg lift.

Towelng Off. You can trace your meridians and activate your radiant energies every day when you bathe or shower, or when you towel off afterward. Beginning with the bottom of one foot, rub the towel or washcloth up the inside of your leg, over the front of your body, up over your shoulder, down the inside of your arm, and off your fingertips. Repeat on the other side. Then starting at the back of either hand, travel up the fingers, up the outside of your arms to your shoulders. Repeat on the other side. Then reaching behind with both hands and starting as high on your back as you can, rub down the entire length of your back, then down the outer sides of your legs and off the top of your feet. Finish by towelng your face downward, continuing to the bottom of the neck. Then curl your fingers over the back of your shoulders at the base of the neck and drag them forward and off your body.

Triple-Warmer [Stimulator]/Spleen Hook-Up. Balancing the polar energies of the triple warmer[stimulator] and spleen helps with a range of problems, including addictions, overeating, cravings, compulsive behaviors, and blood-sugar mood swings. Place your left hand in the indent above your elbow on the finger side. Place your right hand under your left breast, over the area of the pancreas and spleen. Stay in this position for up to two minutes. Repeat on other side. To bolster the effect, activate the radiant imagination.

The Radiant Imagination. Recall the sudden glow you feel when you see someone you find attractive. This is how quickly your radiant energies can spring into action. Your internal images can also give an instantaneous boost to your radiant energies. At any given moment, you may become peaceful or anxious, happy or sad, based on what program is playing in the Theatre of your mind. By focusing your imagination, you can make that inner program not only enjoyable but a force that boosts your radiant energies. Use any of the following suggestions or write your own script: Imagine that someone who makes you feel alive and happy has just greeted you. Bring to mind a color you love and imagine the energy of this color infusing every cell of your body. Bring to mind something in your life about which you feel thankful (gratitude is among the most profound spiritual healers and the mascot of the radiant energies). Send this feeling of gratitude through your body: Say thank you to your heart, lungs, kidneys, all your organs; thank your legs for walking you and thank your environment and your loved ones for supporting you.

A great time to use the mind to focus on colors, healing rays of light, or other healing uses of the imagination, gratitude, or prayer is when someone else is giving you a radiant energy treatment.

Heaven Rushing In. When you are hungering for more meaning in your life or feeling despair and isolation, step outside under the sky and stand tall. Ground yourself by focusing on the sensation of your feet on the earth. Inhale deeply and exhale fully. Now place your hands on the front of your thighs. With your next inhalation, move your arms out to the sides and upwards, forming a half-circle until your hands touch, palm to palm, over your head. On the exhalation, bring your hands slowly down in front of your face, coming to rest at your chest, hands in a prayer position. With another deep breath, extend your arms wide, lifting them slightly, and look up to the heavens. Sense the vastness above you and the energy around you. You are not alone. You may first feel this larger energy as a tingling. Allow your arms to accumulate this energy and then scoop it into your chest, placing your hands over the center of your chest, at the vortex called “heaven rushing in.” Receive the energies of the heavens and allow your mind to open to a larger story.

In this chapter (See the forthcoming book), you have learned general techniques for strengthening your radiant energies as well as specific techniques for strengthening the radiant circuits that are the weakest links. When the radiant circuits have been exercised so they stay strong under stressful conditions, they feed all of the body’s energy systems. They are an extremely valuable and vastly under-appreciated inner resource. While encountering the numerous techniques presented here in a single reading may seem formalistic and a bit overwhelming, the techniques are actually easier to do than to read about, do not take much time, and they will bring more joy into your life. Make at least one of the techniques a daily habit.

The capacity for delight is higher on the evolutionary scale than the inclination to avoid pain. Humans have evolved with a greater concentration of endorphin receptors, the chemical basis for the experience of pleasure, than any other creature, and these receptors are ingeniously paired with our capacities to love and to learn. As neurochemist Candace Pert summarizes it, "We are wired for pleasure!"

A university-based pilot study that used acupuncture to stimulate the radiant circuits in the treatment of major depression, for instance, yielded promising clinical results along with a reference manual for acupuncturists treating depression and a training program that teaches laypeople the use of magnets and other methods for activating their own radiant energies. The study was being prepared for publication at press time. For further information, contact Laura E. Blitzer, Ph.D. (Email:blitzerl@fiu.edu at Florida International University in Miami.

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